

BULLYING: INFORMATION FOR TEACHERS

WHAT IS BULLYING?

Bullying can be defined as repeated and systematic harassment and attacks on others. Bullying can be perpetrated by individuals or groups. Bullying takes many forms, and can include many different behaviors, such as:

- physical violence and attacks
- verbal taunts, name-calling and put-downs
- threats and intimidation
- extortion or stealing of money and possessions
- exclusion from the peer group

Racially or **ethnically-based** verbal abuse and **gender-based** put-downs are also found in the bullying situation.

What Can Teachers Do About Bullying?

Teachers can intervene effectively to reduce bullying by developing a safe and supportive classroom/school climate.

- Supervision during recess and lunch hour by staff.
- Consistent and immediate consequences for aggressive behavior.
- Generous praise for pro-social and helpful behavior by students.
- Specific class rules against bullying.
- Reassure victim.
- Monitor behavior of bully and safety of victim.
- Consult with Guidance/Administration.

Classroom Activities and Resources

- Develop a class code of conduct with regard to treatment of other students, with specific reference to bullying and exclusion of other students. Both desirable and unacceptable behavior should be simply and clearly defined and written down, with student input.
- Follow up with immediate, consistent, non-violent consequences for all bullying and aggressive behavior.
- Recognize and praise positive, friendly, and supportive behaviors of students toward one another.
- Teach non-violent, non-racist, and non-sexist ideas, values and behaviors, as a core part of the every-day curriculum.
- Teach social skills, including communication, making friends, accepting feedback from others, conflict resolution, appropriate assertiveness, and problem-solving.
- Model positive, respectful, and supportive behavior by the teacher, toward students.
- Use cooperative learning groups to include less popular, more timid children in small, positive, and accepting social groups.